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BOOK REVIEWS



IN CHARGE OF

M. E. CAMERON, R.N.

TRUTHS: TALKS WITH A BOY CONCERNING HIMSELF. By Dr. E. B. Lowry. Price 50 cents net; 55 cents mailed. Forbes & Co., Chicago.

Early teaching is the watchword of this writer, and indeed there is a growing and world-wide demand for reform of some sort in matters tending to sex education. Dr. Lowry claims that the first rule in moral prophylaxis is enlightenment; let the growing boy and girl know the reasons for the changes that mark the development of their bodies, teach them how greatly their future welfare depends on their proper development. This is what Dr. Lowry proposes to do in the series of books which she has written on sex education, of which *Truths* intended for the growing boy is the first. The boy is made familiar with the reproduction of life in plants, then in the lower forms of life, as in fishes, and then in birds, and so is finally prepared to receive the simple truths concerning life development and sex which it is his right to know at the time that his attention is directed to the development of sex function in himself. There has always been a strong prejudice on the part of parents on the subject of interference from outside the home in the teaching of these things, but it is a matter of common knowledge that parents neglect their duty in this respect and the majority of children gain their knowledge only by calamitous blunders and in ways that shock and hurt the modest. Knowledge of the right sort, the author contends, will prevent many wrecked lives, and moreover knowledge of the right sort will awaken a boy's chivalrous manhood and a girl's protective mother sense, and both will take better care of the bodies that they know are given them for a purpose.

CONFIDENCES: TALKS WITH A YOUNG GIRL CONCERNING HERSELF. By Dr. E. B. Lowry. Price 50 cents net; 55 cents mailed. Forbes & Co., Chicago.

The second book of Dr. Lowry's series on sex education presents to young girls the facts concerning the development of life that should be known by every girl. As for the boy the wonderful knowledge is first

introduced by means of flowers—the author using for her text the words of Bishop Cox: “Flowers are words which even a babe may understand.”

It seems strange, yet it remains a fact, that mothers find it difficult to answer the questions of their children concerning their physical development. Here is a book which answers the questions—a book which mother and child may read and discuss together with entire frankness. The child is taught that her whole life is one long preparation for motherhood. The care of the skin, hair, teeth; the need of exercise and fresh air; the cultivation of an amiable disposition, the child is taught to consider as the means to attaining a strong healthy body fit for the crowning achievement of a woman's life when she becomes a mother.

FALSE MODESTY THAT PROTECTS VICE BY IGNORANCE. By Dr. E. B. Lowry. Price 50 cents net; 55 cents mailed. Forbes & Co., Chicago.

Written in the interests of truth, this book makes painful reading, as the results of ignorance in sex education are set before us with an unsparing hand by the author. It is an earnest plea for education in sex hygiene, which the writer claims to be the *greatest need of American civilization to-day*. Proper sex knowledge to be taught in school and at home in place of the present policy of confused silence or misleading fairy stories of babies being found in cabbages or brought by storks Dr. Lowry believes will lead to better health, sex purity, and to a high practical morality.

HERSELF: TALKS WITH WOMEN CONCERNING THEMSELVES. By Dr. E. B. Lowry. Price \$1.00 net. Forbes & Co., Chicago.

“A woman,” says Dr. Lowry, “is as young as she wants to be,” and further she intimates that it is woman's duty to keep young as long as possible. This she conceives to be dependent on a healthy body, with a mind in harmony and a conscience blameless.

As in *Confidences* the little girl was taught that all her childhood and girlhood were to lead to the crowning act of motherhood, so this book teaches that the care of the body and especially of the organs of reproduction make largely for success and happiness in life. Like all the other books in the series it pleads for instruction in sex hygiene, and blames ignorance of this subject as the most potent factor in the production of the evil and misery that spoil life for so many. This book is more advanced in its teaching and goes minutely into the anatomy and physiology of the organs of reproduction and also into the development and growth of the human fœtus. There are also grave warnings of the result of abortions and other abuses.